

## Reflections on . . . Support

- ◆ Am I supported at home, at school, at work, and in my neighborhood?
- ◆ Does everyone want or need the same kinds of support? How do I find out?
- ◆ Do the important people in my life freely give me love, affirmation, and acceptance?
- ◆ Do I freely give love, affirmation, and acceptance to my family, friends, coworkers, and neighbors?
- ◆ Do I feel as though I belong at my school or my work? What kinds of things make me feel that way? What kinds of things make me feel like an outsider?
- ◆ Do I have enough relationships in my life with young people?
- ◆ Do I have enough relationships in my life with adults?
- ◆ Do I have people in my life who really listen to me?
- ◆ Do I really listen to the people who are important to me?
- ◆ Who do I go to for advice? Who comes to me for advice?
- ◆ Do the important people in my life encourage me, help me, pay attention to me, have high expectations of me, and comfort me or defend me when I need it? Do I do these things for others?
- ◆ Do I have all the skills I need to deal respectfully and well with all the people I meet?
- ◆ How can I keep on learning about being supportive?